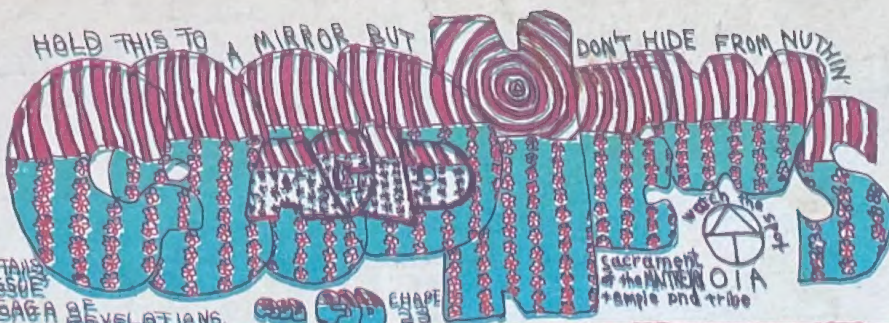


HAPPY BIRTHDAY
TO ALL
SACITTARIANS
**JESUS
CHRIST**
CAPRICORN

FOR FURTHER DETAILS
SEE OUR XMAS ISSUE
THE CONTINUING SAGA OF REVELATIONS

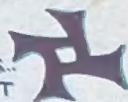
HOLD THIS TO A MIRROR BUT

DON'T HIDE FROM NUTHIN



THIS SECTION
PRINTED IN THE
QUEEN CITY OF
N.O., LA
ON THE 173rd
DAY OF THE
ATONEMENT

AS IT IS...
SO BE IT



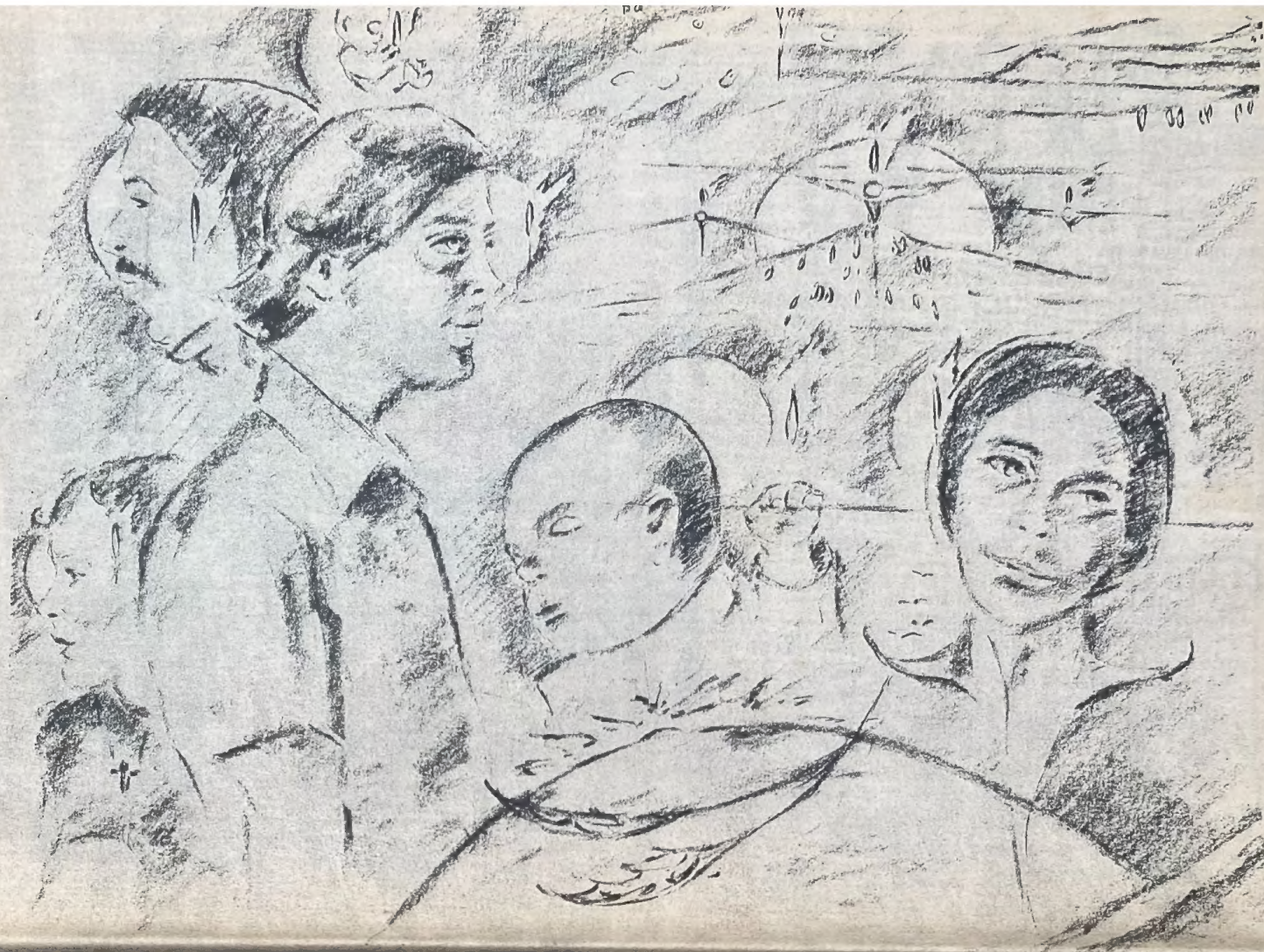


★ **Sale** ★
★ FAR OUT ★
★ THRIFT SHOP ★
★ 1201 DECATUR ST. ★
★ (CORNER GUY NICHOLS) ★

★ **USED CLOTHES** ★

★ SHIRTS - - - - - 50¢ UP ★
★ COATS - - - - - 1.00 UP ★
★ SHOES - - - - - 1.00 UP ★
★ PANTS - - - - - 1.00 UP ★
★ DRESSES - - - - - 1.00 UP ★

★ FURS + OLD VELVETS ★
★ ALSO FURNITURE, APP, ★
★ T.V., TOASTER, ETC. ★



SOMEONE CAME UP TO ME ON THE STREET THE OTHER DAY, AND TOLD ME THAT CONFLICT IS A LIE. I MEAN, MAN, HOW BLIND CAN YOU GET? IS THE WAR IN VIETNAM A LIE? IS GETTING BUSTED A LIE? GET OUTTA MY FACE, MAN.

BUT THE TROUBLE IS, IT IS KINDA HARD TO EVEN FIGURE OUT WHAT THEY MEAN BY A RAP LIKE THAT... "CONFLICT IS A LIE"... WHAT? SO, I FINALLY GET AROUND TO LOOKIN' UP THIS CHICK IN THE GREY UNIFORM THAT LAID THIS RAP ON ME IN THE FIRST PLACE. I GET TO TALKIN' TO HER, AND SHE KNOWS WHERE I'M AT. SHE'S ALL RIGHT—SHE UNDERSTANDS WHAT I MEAN, AND ALL OF A SUDDEN-LIKE, I KNOW WHAT SHE MEANS...

DOES A COIN GO INTO CONFLICT WITH ITSELF BECAUSE ONE SIDE LOOKS ONE WAY AND THE OTHER SIDE FACES THE OPPOSITE? DIG IT, WHAT KIND OF IDIOT IDEA IS THAT?

BUT I'M A MAN, AND I WILL GO INTO CONFLICT FOR JUST THAT REASON. AND SO WILL YOU! WHEN ONE OF US SEES ONE THING ONE WAY, AND ANOTHER SEES IT THE OPPOSITE WAY, GET 'EM TOGETHER AND LET 'EM MIX IT UP, WHAT DO YOU GET?

YOU GET A FIGHT, MAN. TWO DUDES KICKIN' SHIT OUT OF EACH OTHER. AND THE REASON THEY'RE DOIN' IT IS BECAUSE THEY ARE BOTH OF 'EM, BELIEVIN' A LIE, THEY ARE FIGHTIN' DIG IT, BECAUSE ONE OF 'EM IS "HEADS" AND THE OTHER IS "TAILS" BUT MAN, THEY BOTH COME FROM THE SAME COIN, CAN YOU DIG THAT?

SAME THING WITH THE PIGS, CAN YOU SIT DOWN WITH SOME CAT WHO'S WEARING A BLUE UNIFORM AND TREAT HIM LIKE HE WAS JUST ANOTHER DUDE? MAYBE WE COULD UNDERSTAND IF WE JUST LOOKED INSIDE OURSELVES MAYBE WE WANT THEM TO BUST US, TO GIVE US A THRILL TO BREAK THE MONOTONY, TO GIVE US SOMEONE TO HATE... DID YOU EVER THINK OF THAT?

TAKE THE BLACK MAN, SOME PEOPLE AROUND HERE HATE AND FEAR THE BLACK MAN... ANY BLACK MAN, YOU WANNA KNOW WHY? THEY WANNA SET UP A CONFLICT WITH THEM, SO THEY DON'T HAFTA LET 'EM IN THE FAMILY, BUT WHAT IS REALLY BEHIND IT? WANT DO THEY USE THE CONFLICT FOR? TO BLAME WHEN THINGS GO WRONG? TO HAVE AN OUTLET FOR PERSONAL FRUSTRATIONS, AN OUTLET WHICH THEY CAN JUSTIFY AS BEING "RIGHTeous"?

YOU MEET THESE PEOPLE, A GUY AND THE ONE CHICK THAT HAS BEEN HIS OLD LADY FOR YEARS, YOU KNOW THE KIND I MEAN... HE'S ALWAYS YELLING ABOUT WHAT A BITCH SHE IS, AND SHE'LL TELL YA

THAT YOUR BUDDY AIN'T TAKEN OUT THE GARBAGE FOR EONS, AND ALL, AND YOU CAN'T SEE, FOR THE LIFE OF YOU, SEE WHY THE HELL THESE PEOPLE ARE STILL TOGETHER, WHAT DO THEY USE THEIR PRESENT DESPAIR FOR? DO THEY FEEL BETTER, FOR HAVING SOMEONE TO LAY ALL THE BLAME ON?

THE BASIS OF THE CONFLICT LIES NOT IN THE OTHER PERSON, BUT IN OURSELVES! WE WANT IT, FOR REASONS OF OUR OWN, & PUT THE BLAME ON THE OTHER SIDE. MAN, IF WE COULD REALLY DIG THAT, HOW DIFFERENT LIFE WOULD BE.

AND THEN THEY SAID, CHRIST TAUGHT THIS. HE TAUGHT US TO LOVE OUR ENEMIES, AND OUR BIGGEST ENEMY IS RIGHT INSIDE OURSELVES, THEY SAID.

"IN ME?" SAID I. "DON'T GET ME WRONG, I'M NO ANGEL, BUT MAN, I AIN'T GOT NO ENEMIES IN ME."

THAT'S WHAT I THOUGHT. BUT I'M RIDDLED WITH ENEMIES.

I'M AFRAID OF MY EMOTIONS, FOR A START, I SEE THEM AS STRONG & NASTY, AND I DON'T WANT THEM TO GET OUT, THAT'S ENEMY NO. ONE.

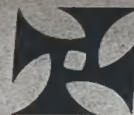
I DREAM A LOT, TOO. THEN, WHEN THINGS DON'T GET DONE, I WORRY ABOUT ALL THERE IS LEFT TO DO. THAT'S ENEMY NO. 2. THEN, I GET BORED WITH THINGS EASY, AND I DRIFT INTO SOME OTHER GAME, THAT'S ENEMY NO. 3. CAN YOU DIG IT?

AND BECAUSE OF THIS, I GET SO I DON'T LIKE PEOPLE. I DON'T LIKE EMOTIONAL PEOPLE, FOR INSTANCE, 'CAUSE I THINK THEY MIGHT GET VIOLENT, LIKE MAYBE I WOULD IF I ALLOWED MY EMOTIONS TO SHOW, AND THE GUNG-HO GO-GETTERS THAT ARE TELLING ME HOW LAZY I AM, AND THE STRAIGHT PEOPLE, SHOWIN' ME HOW I DRIFT AROUND, AND I'M NOT VERY STABLE AND ALL... AND ALL THESE ENEMIES ARE REALLY JUST SHOWIN' ME MY OWN INSIDES, DIG THAT?

IF THIS CRAP KEEPS UP, I MAY EVEN GET TO LIKE MY OLD MAN A LITTLE BETTER NOW, KNOWING THAT HE AND I ARE USING EACH OTHER FOR A NICE CONFLICT, HIM TO FEEL MISTREATED, ME TO FEEL MIS-UNDERSTOOD.

NOTE FROM MOTHER GREER AT THE PROCESS: "IF THE ABOVE EFFECTS YOU IN ANY WAY, YOU'D LIKE TO RAP ABOUT, PLEASE CALL OR DROP BY THE CHAPTER, I WOULD REALLY LOVE TO SEE YOU! NO."

DRAWING BY "DUDE"



THE PROCESS CHURCH OF THE FINAL JUDGEMENT

NEW ORLEANS CHAPTER
627 Ursulines, New Orleans
Louisiana 70116
Telephone: 504-522-9891

THE SABBATH ASSEMBLY	SATURDAY 7.00 pm
TELEPATHY DEVELOPING CIRCLE (\$1.50)	FRIDAY 7.00 pm
OPEN MEETING	FRIDAY 9.00 pm
MIDNIGHT MEDITATION (75¢)	FRIDAY & SATURDAY

THE CAVERN (Coffee house) IS OPEN EVERY DAY OF THE WEEK EXCEPT FOR SUNDAYS FROM 1.00 pm. until 11.00 pm, with SPECIAL LATE CLOSING ON FRIDAY AND SATURDAY NIGHTS AT 1.00 am. ENJOY A COKE AND A COOKIE IN THE WARM CAVERN.

OUR FREE STORE AND KITCHEN IS OPEN EVERY DAY OF THE WEEK EXCEPT SUNDAYS FROM 1.00 pm until 5.00 pm.

The Telepathy Developing Circle and Midnight Meditation start promptly at the advertised times. No-one will be admitted later than two minutes before these times, as, once begun, they cannot be disturbed. Please be punctual

Projects: we have a large number of help projects in the community, including visits to old people's homes, hospitals, etc., collecting and repairing toys that you no longer need for distributing to underprivileged children. If you can, and would like to help us with our work, please let us know.

THE REASON THAT YOU

See mucho HAND-PRINT-ING in the GOOD NEWS

is precisely because **WE DO NOT** want to send you a form letter

WE, HERE AT GOOD NEWS, HAVE HAD SOME COMPLAINTS ABOUT THE FACT THAT MUCH OF OUR PAPER IS HAND-PRINTED INSTEAD OF TYPED. THIS, THE STORY GOES, MAKES IT VERY DIFFICULT TO READ.

I CAN DIG IT. MY PRINTING LEAVES MUCH TO BE DESIRED IN THE LEGIBILITY DEPARTMENT. IT CHANGES SIZE, GOES UP AND DOWN, IS PRONE TO LEAN IN EITHER DIRECTION FROM LINE TO LINE, OR EVEN FROM WORD TO WORD.

BUT, REALLY, PEOPLE, IF YOU THINK THAT THIS IS BAD, YOU SHOULD SEE MY GODDAM TYPING! I DON'T EXACTLY HAVE A SECRETARY, AND I WOULD BE FORCED TO DO ALL THE TYPING MYSELF—OF ALL ARTICLES AND STORIES AND STUFF THAT I WANTED TO CONTRIBUTE... SUCH AS THIS WHOLE PAGE, FOR INSTANCE.

UNDER PRESSURE, MAYBE EVEN IF I WENT CRAZY AND DID SPEED I MIGHT BE ABLE TO TYPE AT A STEADY RATE OF SIXTY WORDS PER HOUR AND ONLY HAVE MISTAKES ON 50% OF THE PAGE. THIS DOES NOT TAKE INTO ACCOUNT MISPLACED MARGINS, SMALL LETTERS WHERE THERE SHOULD BE CAPITALS, COMMAS INSTEAD OF PERIODS, ETC. IT ONLY TAKES INTO ACCOUNT I-PUNCHED-THE-WRONG-FUCKING-LETTER-AFTER-5-MINUTES-OF-SEARCHING-FOR-IT TYPE OF MISTAKE.

AND, TO PUT A CAPPER ON IT, I DON'T EVEN HAVE ACCESS TO A GODDAM TYPEWRITER ANYWAY.

SO PLEASE, IF MY STUFF'S REALLY HARD TO READ, COME & FIND ME, TALK WILDER, AND I'LL READ IT TO YOU. I'LL TRY TO PRINT BETTER SO YOU DON'T HAVE TO DO THAT, BUT I DO LOVE YA, AND I'D LIKE TO MEET YOU, AND THAT'S AS GOOD AN EXCUSE AS ANY...



THOU SHALT NEVER FORGET THY MOTHER... WHAT THY MOTHER HAS DONE FOR THEE. SHE BORE THEE AND NOURISHED THEE IN ALL MANNER OF WAYS. SHE BROUGHT THEE UP, AND WHEN THOU DIDST COMMENCE SCHOOL AND WAS INSTRUCTED BY THE WRITINGS, SHE CAME DAILY TO THY MASTER WITH BREAD FROM HER HOUSE. KNOW YE THAT SHE IS THE BOW BY WHICH THEE AS THE ARROW HAS BEEN SET FORTH. FLY THEE STRAIGHT AND SHOW THAT THE BOW IS STRONG." — Cathy

DO ME A FAVOR

GO TO THE NEAREST MIRROR, LOOK IN, AND REPEAT AFTER ME, "I AM NOW LOOKING AT THE HEAVIEST (!) DUDE IN THE WORLD..."

and realize that what you have just said is the truth—see how high that makes you, baby!

Now, to put the icing on that cake, put a smile on your face and give it to the next person you see... see how high that makes you!

And now, all you have to do is **SHOUT** for **JOY**



Love you
I'll always
color your
no matter what
MOVING
and come out
CORNERS
GO TO THE
will make
and STRAN
SUS CHART
crescent, je
above the
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and the tri
ING SUN
of the RIS
the House
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day of the
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BLIND
be my most
you'll always
cute
dog not com
LOVE
sometimes
that though
the profit
Remembering
SIDE!
THE
on love on
his misde
that water
uom
follow the
ever
it will last
me down
find a
rising sun
hand of the
and in the
MISS
you didn't
before
want

GET HIGH
and read
between
the lines
STAYING
HIGH
even when
you aren't
even some
that you
KNOW
WHICH
and always
love your pro-
thers & sis-
ters, even
when it's not
too obvious
that they
like your
brothers &
sisters
remember that
if you keep
your eyes open,
you may even
find out

With a Little Help

this page is at least ten weeks old

last nite
At 9:15 we delivered a dude in shock to the Head Clinic. By 9:30 they had diagnosed the problem and treated the patient. It was an insulin reaction. They gave him an injection of glucose + made him comfortable.

There was no red tape. They did the paper work After they treated him.

He's OK now. It didn't cost him anything.

HEAD CLINIC is at 1117 Decatur St, New Orleans, La. 70116. They make good use of spare change.

NUMBERS

HEAD CLINIC	524-9315
H.A.N.D. employment agency	581-7870
NOLA EXPRESS	524-5780
Switchboard	523-6285
ACLU (lawyers)	522-0617
NOLAC	523-1297
Community Sex Information	866-3671
Free University	875-0317
Charity Hospital	
Ambulance	523-2311
Warehouse	524-1626
Ecology Center	875-5784
NOPB	822-2100
Punsters	821-3277
Atlantis News	
Distributors	529-4933
Gay Women's Lib	522-3993
Free School	524-6550
City Hall	529-4311
Voting Assistance	523-8729
Good News	488-0481
Acid	in the streets
Dr. Bloom Drug Rehabilitation Clinic	486-7641

Free School

good news acid new orleans page five - OIA

The free school bought a house, every morning about ~~30~~ ^{thirty} kids go there to be free all day. It doesn't cost any money. They got the house cheap but it is getting a good fixing. They need a lot of stuff.

You could call and ask what they need. 524-6550.

You could send next months mortgage payment. 2309 chippewa, NOLA 70130



DANGER

DON'T mix the white dust (pure pcp) called 'the one' with alcohol. Don't Take It Alone unless as a replacement for heroin, methadone or barbiturates.

Take it with Acid or Grass to direct it - its beautiful

but there are five people in charity

Try LSD-PCP - put the rest away

Got A Drug Problem?

Methadone Clinic - 3604 Tulane Ave
11 am - 8:45 pm, mon-fri 9 am - 3:45 pm, sat-sun

At 2 pm yesterday We looked at the drug rehabilitation clinic. We talked to one of the victims. He's been going for a daily fix of 140 milligrams of methadone for over a year. It costs him a dollar a day. His legs start to hurt every morning and they don't stop till he gets his methadone.

He's been doing barbiturates on top of the methadone for two months now. He spends five dollars a day on them. He says the methadone isn't enough. The whole program is in the care of Dr. Bloom. He's hard to find. Now there is a two week program to get you off methadone. the new drug is cyclazocine. our friend wants to try it soon. he didn't give his name.

a hospital who freaked out from having too much or mixing it with alcohol. barbiturate and heroin addicts are snitching too PCP by itself. if you are a grass

sacrament of the new temple and tribe

OIA PAF

no time at all.

Return in will - and

if you move off the planet

you can

PCP

the one is buffed with lactose to 6.470 pure

PCP

with 1/4 gram

thousand

Take a

micros of

LSD

with 1/4

gram

PCP

the one

is buffed

with lact

ose to

6.470 pure

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Return in will - and

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PCP

with 1/4

gram

thousand

Take a

micros of

LSD

with 1/4

gram

PCP

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TAPES Reg. 4.99
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NEW ORLEANS

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TAKE A GOOD LONG LOOK
AT YOURSELF IN A MIRROR

What is AHIMSA?

AHIMSA (or Ahimsa) is
a Sanskrit word for non-
killing, non-harming. It is
not mere passiveness, but
a positive method of meeting
the dilemmas and decisions
of daily life. Thus, in the
western world, we call it
"Dynamic Harmlessness".
It was the guiding light
of Mahatma Gandhi, which
enabled the Great Soul to
marshal the Love Force
necessary to liberate his
nation - some four hundred
million people. It was personally endorsed
in great part by Dr. Albert Schweitzer, who
noted that Ahimsa encompasses the
concept of Reverence for Life. The six pillars
of this dynamic philosophy for modern life
- one for each of the letters of A-H-I-M-S-A -

FREE COFFEE
RPP SESSIONS

THE
QUESTION

THE WAY
1115 DECATUR

The "HEAD"
BARBER
SHOP
1029 Esplanade

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THE TABLETS IN THIS BOTTLE ARE NOW
FILM COATED, MAKING THEM SMALLER -
THEY ARE EASIER TO SWALLOW.
ISN'T THAT WONDERFUL, MOTHER?

729 Rue Bourbon

AGE OF AQUARIUS

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- ★ SOUVENIRS.
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- ★ COMPATABILITY CHARTS.
- ★ CRYSTAL BALL - PALMISTRY - TAROT CARDS - PSYCHIC CARDS - HANDWRITING ANALYSIS
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- ★ ART GALLERY.

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NAME _____
PRESENT ADDRESS _____
DATE OF BIRTH _____
PLACE OF BIRTH _____
TIME OF BIRTH (IF KNOWN) _____

Cat. #	Artist & Title
001	BEATLES - Let It Be
3ATW	WOODSTOCK - Part 1
3BTW	WOODSTOCK - Part 2
004	CROSBY, STILLS, NASH & YOUNG - Deja Vu
005	FIFTH DIMENSION - Greatest Hits
006	THE WHO - Live at Leeds
7TW	CHICAGO
009	SIMON & GARFUNKEL - Bridge Over Troubled Water
010	MOUNTAIN - Nantucket Sleighride
012	TOM JONES - Tom
036	ENGELBERT HUMPERDINCK - We Made It Happen
045	SANTANA
046	CREDENCE CLEARWATER REVIVAL - Cosmo's Factory
047	BLOOD, SWEAT & TEARS - 3
48TW	THE DOORS - Absolutely Live
049	GRAND FUNK RAILROAD - Closer To Home
050	TRAFFIC - John Barleycorn Must Die
51TW	THE WHO - Tommy
53TW	JOE COCKER - Mad Dog & Englishman
056	SANTANA - Santana Abraxas
059	LED ZEPPELIN III
062	THE ROLLING STONES IN CONCERT - Get Yer Ya-Ya's Out
065	THE CARPENTERS - Close To You
066	ARETHA FRANKLIN - Spirit In The Dark
67TW	JAMES BROWN - Sex Machine
68TW	JESUS CHRIST - Superstar
069	NEIL DIAMOND - Gold
070	ISAAC HAYES - To Be Continued
071	SLY & THE FAMILY STONE - Greatest Hits
072	JAMES TAYLOR - Sweet Baby James
077	STEPHEN STILLS
079	JEFFERSON AIRPLANE - Worst Of
080	NEIL YOUNG - After The Gold Rush
081	3-DOG NIGHT - Naturally
086	TAMMY WYNETTE - Greatest Hits
089	THE PARTRIDGE FAMILY ALBUM
094	ELVIS - That's The Way It Is
96TW	GRAND FUNK RAILROAD - Live Album
097	NEIL DIAMOND - Tap Root Manuscript
099	CREDENCE CLEARWATER REVIVAL - Pendulum
100TW	CHICAGO TRANSIT AUTHORITY
101	LYNN ANDERSON - Rose Garden
104	JOHNNY CASH SHOW
105	5th DIMENSION - Portrait
106	BLOOD ROCK 2
107	JOHN LENNON - Plastic Ono Band
111TW	CHICAGO III
112	ELTON JOHN - Tumbleweed Connection
113	CHARLIE PRIDE'S 10th ALBUM
114	JANIS JOPLIN - Pearl
115	BEE GEES - 2 Year On
116	RAY PRICE - For The Good Times
117	FRANK SINATRA'S GREATEST
118	BLACK SABBATH - Paranoid
119	PERRY COMO - It's Impossible
120	JAMES BROWN - Super Bad
121	HENRY MANCINI, ORCHESTRA & CHORUS - Mancini Plays
122	ANDY WILLIAMS - Love Story
123	KARMAH & REBECCA - Love Story
124	TONY BENNETT - Sing His All-Time Hits
125	R. B. KING - Live in Cook County Jail
126	LOVE STORY - Soundtrack
128	3 DOG NIGHT - Golden Biscuits
129	CAT STEVENS - Tea For The Tillerman
130	EMERSON, LAKE & PALMER
131	THE BEST OF EDDY ARNOLD
132	SEATRIN
133	ALICE COOPER - Love It To Death
134	JIMI HENDRIX - The Cry Of Love
135	ENGELBERT HUMPERDINCK - Sweetheart
136	DAVID CROSBY - If I Could Only Remember My Name
137	5th DIMENSION - Love's Lines, Angles and Rhymes
138	THE PARTRIDGE FAMILY - Up To Date
140	ROBERTA FLACK - Chapter Two
143	KOOL AND THE GANG - Live At The Sex Machine
144	LORETTA LYNN - Coal Miner's Daughter
145TW	CROSBY, STILLS, NASH & YOUNG - 4 Way Street
146	STEPPENWOLF GOLD
147TW	WOODSTOCK GOLD
148	IKE & TINA TURNER - Working Together
149	THE MOODY BLUES - Days Of Future Passed
150	GRAND FUNK RAILROAD - Survival

C SIMON & GARFUNKEL GREATEST HITS
D VOLUME III
E DAWN Candida

Cat. #	Artist & Title
151	JAMES TAYLOR - Mud Slide Slim And The Blue Horizon
152	JETHRO TULL - Aqualung
153	THE JACKSON 5 - Maybe Tomorrow
154	THE ROLLING STONES - Sticky Fingers
155	BLOODROCK 3
COM-4	HUDSON & LANDRY - Hanging In There
COM-5	LENNY BRUCE - The Midnight Concert
COM-6	RUDY RAY MOORE - Eat Out More Often
COM-7	RUDY RAY MOORE - The Cockpit
A2 TW	FRIARS CLUB TOAST TO DON RICKLES
203	JOSEPH AND THE AMAZING TECHNICOLOR DREAM COAT
204	LILY TOMLIN - This Is A Recording
205	ELTON JOHN - 11/7/70
207	MATHEWS SOUTHERN COMFORT - Later That Same Year
208	SAMMI SMITH - He's Everywhere
209	ROY CLARK - The Best Of Roy Clark
210	BOBBI GENTRY - Patchwork
211	RITA COOLIDGE
212	GLEN CAMPBELL - The Greatest Hits Of
213	MARTY ROBBINS - Greatest Hits Of, Vol. III
214	DETROIT EMERALD - Do Me Right
215	BOOKER T. & THE MG'S - Melting Pot
216	TEMPTATIONS - Sky's The Limit
217	JERRY REED - When You're Hot, You're Hot
218	LORETTA LYNN & CONWAY TWITTY - We Only Make Believe
219	DOORS - L. A. Woman
220	PROCOL HAREM - Broken Barricade
221	BOBBY SHERMAN - Portrait
222	DEAN MARTIN - For The Good Times
223	ROCK ON - Humble Pie
224	MANDRILL
225	CAROL KING - Tapestry
226	PAUL McCARTNEY - Ram
227	JAMES GANG - Thirds
228	ELVIS COUNTRY
229	SONNY JAMES - Empty Arms
230	REDBONE - Potlatch
231	GLADYS KNIGHT & THE PIPS - If I Were Your Woman
232	CARPENTERS - Rainy Days & Mondays
233	JOHNNY CASH - At Folsom Prison
234	ARETHA FRANKLIN - Live At Fillmore West
235	CHARLIE PRIDE - Did You Think To Pray
236	JOHN SEBASTIAN - Real Live
237	CARLY SIMON
238A	JOHN MAYALL - Back To The Root
238B	JOHN MAYALL - Back To The Root
239	LEON RUSSELL & THE SHELTER PEOPLE
240	GRAHAM NASH - Songs For Beginners
241	ROBERT STURTEVANT - Picture Tells A Story
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244	HAG - Mouth of Madness
245	JOHN COOPER CLARK - The Best of John Cooper Clark
246	LEE MICHAELS - Sm
247	THE CRUSADERS - Post The Plate
248	SUPER HITS VOL. I - Tommy James, Vagaries, Cowbills, Others
249	SUPER HITS VOL. II - James Brown, Johnny Nash, Dells, Others
250	SUPER HITS VOL. III - Harpers Bizarre, Tommy James, Shelley Fabares, Others
251	SUPER HITS VOL. IV - The Moody Blues, Roger Williams, The Association, Others
252	SUPER HITS VOL. V - Dion, The Soul Sisters, The 5 Americans, Others
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254	TAJ MAHAL PART I
255	TAJ MAHAL PART II
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257	ALLMAN BROS. BAND AT FILMORE EAST
258	BLOOD, SWEAT & TEARS 4
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That is in the heart of man.

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If we remember who we are.
We are brothers, we are sisters
In the love-tribe of Man.

There is no separation in our
song of light.

We are all being born evernow
Evernow we feel the
golden light
That is in the heart of Man.

OIA

HERIT

Union

Destination - unity
All through the journey of
endless search
I am unity,
I go to see, feel, be-unity
Thoughts traveling, slow-fast
Light time creating form
Forms of unity
All is one in Union

Join together all brother
all sisters
Feel union, be union
Thought force, power union
Energy union

Union within, without
The nucleus holds life
We live - We are One

HERIT

Earth Men

Tears, my tears, water, my water
Cover the earth, my home
my lover
my brother
my mother

I am the golden lady of breath-life
I grow, we grow
I breathe, we breathe
I am forever in your eyes of light-love.

My strength is pure and true
Clear and clean I love thee
as I love all forms in the
cosmic flame of life.

The seeds of the future I plant now
With love and passion
For fertility of my mother and lover-
Earth

Nature drinks my water-tears and
Grows new life from our seeds of
truth and passion-love.

When the sun rises I am born in
your eyes of passion
I feel all, my heart cries
My tears water my earth - home
Our seeds grow strong to the sun.

When the harvest is full
We will rejoice - for life is
Now and evernow.

Drink from my heart
Forever it flows to you
My men of earth
I love you.

HERIT

the sugar story

By Fred Rohe

No Organic Merchant sells white sugar or any products containing white sugar because it is a foodless food. It is 99.96% sucrose and when taken into the human body in this form is potentially dangerous. It is touted as an energy food, but such propaganda is misleading for there is ample evidence that white sugar robs the body of B vitamins, disrupts calcium metabolism and has a deleterious effect on the nervous system.

The above material can be concluded by anyone through reading, but in addition to the reading, I have taken the trouble to visit sugar refineries in both Hawaii and California. Aside from general curiosity, my reason for these visits was that I had been selling "raw" or brown sugar without understanding what they are. There was no information available which seemed dependable.

Sugar cane is grown with the use of synthetic fertilizers and weed sprays. The fields are burned just previous to harvest. These are destructive agricultural practices; nothing truly good can come from soil so mistreated. I would, therefore, be uninterested in consuming anything derived from commercially grown sugar cane, either brown sugar or molasses.

Sugar refining is largely a mechanical process done in truly huge machines which boil, spin, filter and separate. Aside from water, the materials which enter the processing are lime, phosphoric acid and diatomaceous earth. I don't consider any of these additives significant where white sugar is concerned because one thing is certainly true about white sugar: it is "pure." No chemical residues could possibly remain at the end of the line, so effective is their purification process.

There are three kinds of sugar which are not white: light brown, dark brown, and Kleenraw. They are all made the same way — by adding back molasses to refined sugar. For years I had heard several different versions of how these so-called "raw" sugars are made. All of them led me to believe that the so-called "raw" sugar which has traditionally been used in the health food industry is a "partially refined" product removed from the refining process sometimes before the final stage of white sugar. But my investigation has proved this impression erroneous. All forms of non-white sugars are made from a base of white sugar.

The numbers go like this: Partially refined or "raw" sugar is 97% sucrose when it leaves Hawaii and goes through a gigantic California refinery to produce refined sugar, 99.96% sucrose. For Kleenraw they add back 5% molasses, for light brown they add back 12% molasses, for dark brown they add back 13% molasses. A special crystallization process is used for Kleenraw designed especially to create a raw-like illusion.

All sugar companies use similar processes, as it is against the law to sell sugar which has not been refined. Ostensibly, the purpose of this law is to protect us; in reality it means we have no freedom to choose what kind of sugar we would use. Personally, I would like to be able to buy sugar from organically grown cane in the form of an almost black, syrupy mass of crystals. It is rumored that the law which prevents us from buying such true raw sugar was enacted as a result of powerful lobbying on the behalf of the sugar refining companies.

Organic Merchants do not sell brown or "raw" sugar or any products containing brown sugar either, because the plain fact is that brown sugar is a shuck (for those not familiar with the term, let's call brown sugar phony).

It does not seem to me to be good judgment to ban white sugar because it is refined to the point of foodlessness containing neither vitamins nor minerals, a definite potential human health hazard, and then turn around and sell a product which is made from 87% of the very same white sugar. Having done a thorough personal investigation, I can assure you that brown sugar is nothing more than white sugar wearing a mask.

Besides not liking the 87% part of brown sugar — meaning the white sugar — I don't much like the 13% part either — the molasses. For one thing, the ecologically unsound agricultural practices I mentioned previously; for another thing, those mammoth filtration units the molasses comes out of which are filled with charred beef bones. A representative from one of the sugar companies who came to see me to answer some questions from a letter I had written said the burned beef bones were to give the white sugar a more pleasing "aesthetic" effect. He explained that burned beef bones make white sugar whiter. Of course it's purely personal opinion, but I say God save us from such "aesthetics."

I have not seen Turbinado or Demarara sugar produced, but my understanding of sugar processing enables me to make the following wager with complete confidence: I'll bet Turbinado sugar is at least 95% sucrose. I'm so confident that I would not lose those bets that I won't sell Turbinado or Demarara either. That wager makes no pretense of being founded on "scientific" grounds but on first-hand experience of what sugar looks like during the refining procedure.

Not having known the facts, some Organic Merchants have allowed so-called "new sugar" to have a home in their stores. Probably, some products containing it are popular. Our intention is not to take the pleasure out of anyone's life, but to play a part in upgrading the quality of American food. If enough of us stop buying junk — even the better junk — the food manufacturers will listen.

So what are you going to use for a sweetener if you never allow sugar to cross your lips? Half the amount of honey should be used in substituting for sugar in recipes. Beyond that, it's all experimental. Try carob molasses, carob syrup, unrefined sugar cane syrup, date sugar. Best experiment of all is to follow the advice of J. I. Rodale: "We receive many letters from readers asking what kind of sugar to use. So far as we are concerned, the answer is none. . . if you would be healthy, omit all sugar and just get accustomed to doing without it."

Reprints available from: Organic Merchants, c/o Erewhon, 33 Farnsworth Street, Boston, Mass. 02210

the oil story

by Paul Hawken
& Fred Rohe

One very basic difference between our way of looking at vegetable oils and the industrial oil technician's viewpoint should be understood. When he sees dark color, it represents the presence of "impurities" — material that prevents the oil from being light colored, odorless and bland in taste. From our viewpoint, those "impurities" look desirable — the things which impart color, odor and flavor are NUTRIENTS. It is both tragic and ironic that the removal of nutrients should be equated with "purity". Tragic because if those nutrients were present they would contribute to the health of the consumer. Ironic because establishing the desired "purity" really results in producing poor quality food.

We qualified ourselves to make public observations about oils by conducting a threefold research program. First, we read from the following sources: THE ENCYCLOPEDIA BRITANNICA: "Rancidity in Oils" and "The Lowdown on Edible Oils" published by the Lee Foundation for Nutritional Research, Milwaukee, Wisconsin; and "The Story of Oils" published by Walnut Acres, Penns Creek, Pennsylvania. Second, we talked for several hours with Frank Lachie, a retired oil chemist with eminent technical qualifications who now owns Healthway Natural Foods, Watsonville, California. Third, we toured one of the largest vegetable oil extraction and refining plants in California, specializing in the production of safflower oil.

There are three methods of extracting vegetable oils from nuts, grains, beans, seeds or olives. The first is by use of a hydraulic press. This is an ancient method and yields the best quality oil. The only two materials that will yield enough oil without heating them first are sesame seeds and olives. Therefore, sesame oil and olive oil from a hydraulic press are the only oils which could truly be called "cold pressed". The terms "cold pressed" as applied to all oils and "virgin" as applied to olive oil are meaningless to the consumer. They have no legal definition, mean whatever the manufacturer wants them to mean, and do not give a true description of the product ever the manufacturer will not condone misleading labeling. The term "virgin" for olive oil will refer only to the first pressing by a hydraulic press without heat. The term "cold pressed" will refer only to hydraulic pressing without heat. These oils are the closest possible to the natural state, therefore have the most color, odor and flavor — in a word, the most NUTRITION — but they will often be unavailable because so little is produced this way.

If an Organic Merchant has an oil which has been extracted by hydraulic press but has been heated prior to pressing, he will refer to it as "pressed", not "cold pressed".

The second method is by expeller, described in "The Lowdown on Edible Oils" as follows: "This uses a screw or continuous press with a constantly rotating worm shaft. Cooked material goes into one end and is put under continuous pressure until discharged at the other end with oil squeezed out". Temperatures between 200 and 250 degrees are normal. Obviously, this type of extraction does not qualify as "cold pressed" either. Organic Merchants will refer to it as "expeller pressed".

Now with a hydraulically pressed oil labeled "cold pressed" or "pressed", you can assume you have a crude or unrefined oil. But this is not true of "expeller pressed" oil because the common fate of expeller pressed oil is to be refined after extraction. So you need additional information with the words "expeller pressed". Organic Merchants will use either the word "crude" or "unrefined" to identify this additional classification of acceptable oils. So Organic Merchants draw the line of acceptability at this point and, to review, you may expect us to carry only four classifications of oil: (1) virgin (2) cold pressed (3) pressed (4) expeller pressed — crude. And this paper is your tool to remind yourself of what we mean by those words.

The last method is solvent extraction, described in "The Lowdown on Edible Oils" as "definitely dangerous to health. . . Oil bearing materials are ground, steam cooked, then mixed with the solvent (of a petroleum base) which dissolves out of the oils, leaving a dry residue. The solvent is separated from the oils. This method is universally used by the big commercial oil processors because it gets more oils out quicker and cheaper. About 98% of the soy oil in the U.S. is solvent extracted."

"What about these solvents? Most commonly used solvents are light petroleum fractions — four types of Naphtha used are Pentane, Heptane, Hexane, and Octane types; another solvent used is synthetic Trichlorethylene. Some of these are commonly found in gasoline. Most used solvent is Hexane. Oils dissolved by this method are solvent extracted DISSOLVED oils are not pressed oils."

"The big commercial edible oil processors and distributors tell us that if any of the solvent remains in the oils it is VERY LITTLE. But you know just how harmful these solvents may be. Pertinent here is an observation coming out of a symposium of cancer specialists organized by the International Union Against Cancer meeting in Rome in August 1956. Among many things they observed: 'Since various petroleum constituents, including certain mineral oils and paraffin, have produced cancer in man and experimental animals, the presence of such chemicals in food appears to be objectionable, particularly when such materials are heated to high temperatures.'"

THE VERY LITTLE argument for solvent residues is just as weak for solvents as it is for solvents. ZERO! So you have two classifications of oils which are unacceptable in an Organic Merchant store: (1) expeller pressed — refined (2) solvent extracted oil.

Even if there were NO solvent residue EVER, there would still be the matter of refining and here the facts are clear.

Refining is usually accomplished with the addition of sodium hydroxide and temperatures around 450 degrees. The refined oil is not considered edible without further processing, such as filtration, deodorization, bleaching.

Encyclopedia Britannica says of refined oils, they are "low in color, [thinner] and more susceptible to rancidity." Where bleaching is concerned they say, "Physical adsorption methods involve treating hot oils with activated carbons, fuller's earths or activated clays. Many impurities including chlorophyll and [Vitamin A] are adsorbed onto the agents and removed by filtration. Bleaching by any of these means reduces the resistance of oils to rancidity."

There's a pretty picture for you — an industry which regards precious nutrients as "impurities". Not just the chlorophyll and Vitamin A either, but the Vitamin E and phosphorus compounds such as lecithin too. Then they further compound an already thoroughly compounded felony by virtually guaranteeing the oil will turn rancid. Unless of course they load the product with preservative — which of course they always do. Except in the case of so-called "health food" oils which are at least free of preservatives and should therefore (if you can tolerate a mislabeled, low quality product) be kept refrigerated to avoid rancidity.

Where rancidity is concerned, "Rancidity in Oils" says, "It has been found that the digestion of oils is clearly retarded by rancidity. The products of [rancidity] were found to be lethal to rats. The degenerative diseases caused by rancid oils are undoubtedly brought about by the destruction of vitamins E, F, and A, both in the oil itself and in the body."

Oil processing is so effective at making the end result free of odor and flavor that it is possible for rancid oil to be "re-claimed" and sold for human consumption. We have no proof that this is actually done but such is the rumor and it seems a likely enough prospect that it should be repeated. Unfortunately for the health of this nation this is the era of industrialized foods; in this era, good nutrition for the people be damned — it's the privilege of the manufacturer to handle huge quantities of food at a profit that must be protected.

Health and natural food store operators have in almost all cases not been able to advise the consumer because they have been misled too. This illustrates the great need for Organic Merchants, an organization designed to work for the people by seeking the truth and telling it as clearly as they can. We discovered that oils which have been solvent extracted, refined, bleached and deodorized have been sold as "cold pressed". Knowing the facts, no one genuinely interested in good nutrition can continue to be a party to the hoax.

The process of refining oils is exactly analogous to the refining of whole wheat and whole sugar into white ones. In all cases, one takes a product full of natural vitamins, minerals, enzymes and other food factors and reduces the original natural food into a relative "nonfood" — devitalized, stripped.

One thing may not be clear and probably will be asked: What keeps crude oil from going rancid, especially in stores that handle it in bulk as well as bottled? The answer is that crude oils, being unrefined, retain their natural anti-oxidants. How could you test it just to be sure? One drop on the tongue is sufficient to tell the story — rancidity is so biting, bitterly sharp as to be unmistakable.

Of course, when one is accustomed to bland, virtually tasteless refined oils, the introduction of crude oil into the diet requires one to experience the "real thing". This experience of reality is due to the fact that for the first time you are tasting an oil which contains ALL its natural vitamin A, ALL its natural vitamin E, ALL its natural lecithin, and ALL of the other natural food factors. We are confident that, appreciating the facts, the consumer will easily accept superior food. It is not at all a matter of getting accustomed to something which tastes bad, but rather different — fuller and richer due to being so much more wholesome.

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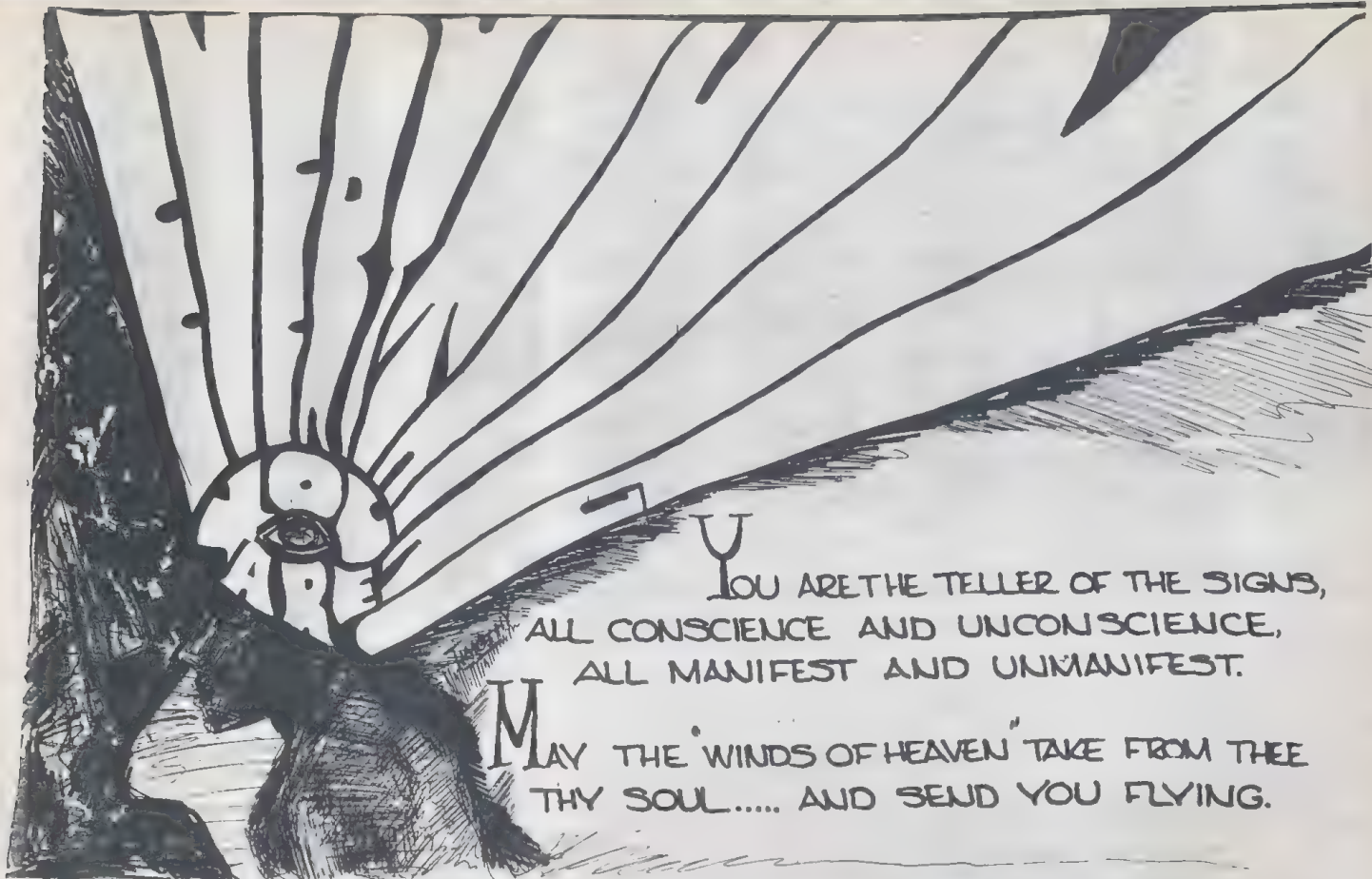
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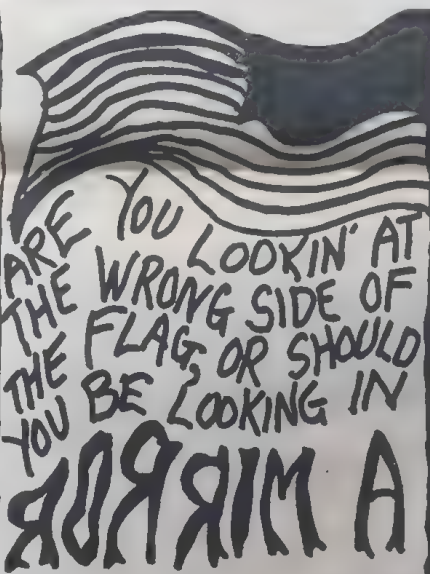
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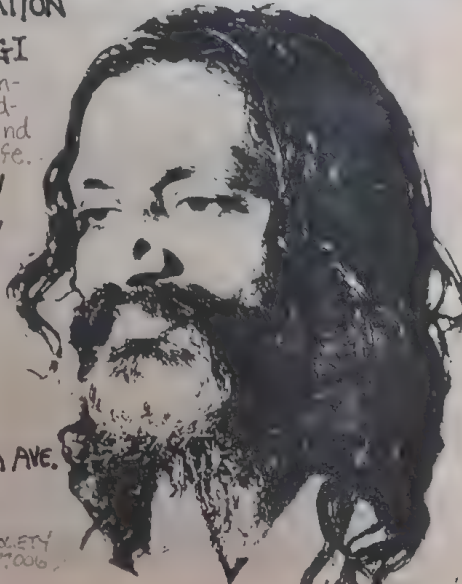
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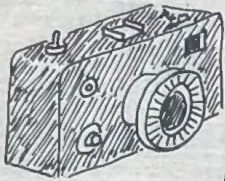


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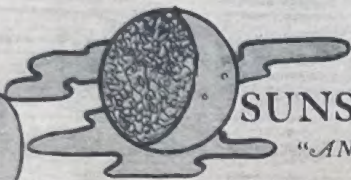
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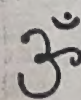


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